



The Brownsmead Flats perform in Costa Rica as part of Partners of America 50th anniversary celebration. From left, Dan Sunderland, Ray Raihala, Robert Stevens, Ned Heavenrich and John Fenton.

Costa Ricans get a taste of Oregon

Brownsmead Flats chosen for tour

By NED HEAVENRICH
For The Daily Astorian

The Brownsmead Flats recently took their tunes on a tour of Costa Rica, playing eight concerts over six days. The group

was invited to participate by the cultural exchange group Partners of the Americas to celebrate the 50th anniversary of the group's inception. Partners of the Americas was created during the John F. Kennedy presidency as part of the Alliance for Progress program. As luck would have it Oregon and Costa Rica were paired up to share cultural and educational exchanges which are still occurring on an annual basis. In

September of each year, a group of Costa Ricans come to tour Oregon and share experiences. The visitors are housed and fed by volunteer families in a true immersion experience. In February a group of Oregonians visit Costa Rica and get their own immersion experience with week-long home stays in four different towns.



This poster advertises a Brownsmead Flats concert in Costa Rica for the 50th anniversary of the Partners of the Americas. The group was invited to represent Oregon.

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Submitted

Cliff Fick's romaine salad

By CLIFFORD FICK
For The Daily Astorian

I was born and raised in Astoria. After college and a short time back in Astoria, I, with my wife and child, moved to Ketchikan, Alaska, to manage the dietary department for the hospital and nursing home. In this environment, recipes were called formulas — and for good reason, as improperly prepared food could have grave consequences for patients.

The company I worked for, Marriott, obtained a contract to operate oil field camps for SOHIO, later BP, in Prudhoe Bay. So after 3 1/2 years in Ketchikan, my wife and I with our young son, moved to Anchorage and I began commuting to Prudhoe Bay. I worked there over four years, managing food and housing for oil field workers, before getting a promotion to be the district manager for Alaska operations.

I was later transferred to Washington state to oversee our food service contracts throughout the state. They included the Microsoft corporate campus, Weyerhaeuser Corporate headquarters, Washington State Ferries food operations, Safeco Insurance, several corporate executive dining rooms, HP Spokane and several others. After several years in the Seattle area, I returned to Alaska as operations vice president until I retired. Over the course of my career, work travels have taken me, from above the Arctic Circle all the way to the South Pole and east across the country and Europe.

Retirement brought my wife and me back to Astoria after more than 30 years. We have



JOSHUA BESSEX — The Daily Astorian
Cliff Fick outside his home in Astoria.

been here for the last 10 years, living in the house where I grew up. After 12 moves, we are settled where we will stay.

My work in food service brought with it a passion and fascination for food. Great food preparation has become a great

hobby to share with friends.

I have used this recipe for many years and it has always been a hit. It goes well with entrees of all sorts. I have served it with fish dishes, steak, stuffed pork tenderloin, chicken and vegetarian dishes.



JOSHUA BESSEX — The Daily Astorian
Cliff Fick's romaine salad with egg mustard dressing is garnished with grated egg whites.

Romaine Salad with Egg Mustard Dressing

Ingredients

- 3 Hard cooked eggs
- 3 tablespoons apple cider vinegar
- 3 tablespoons sugar
- 1 ½ tablespoons yellow mustard
- 3 strips bacon
- 1 large head romaine lettuce
- 2 green onions

Procedure

- Peel and separate** the hard cooked eggs. Reserve the egg whites. Place the cooked yolks in a small mixing bowl. Mash thoroughly with a fork.
- Add apple cider vinegar**, sugar and mustard. Mix well.
- Small dice the bacon** and cook until crispy. Separate the bacon bits from the melted bacon fat. Reserve the melted bacon fat.
- Chop the romaine** into bite-size pieces. Place in salad bowl.
- Dice the green stems** of the green onion and add to the romaine.
- Drizzle about 1 tablespoon** of warm bacon fat over the romaine (optional, but is a better salad with it). Then add the bacon bits and dressing. Toss thoroughly.
- I like to individually plate** each serving, but you can serve it family style. Either way, grate the egg white over the salad as garnish.

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From left: Peter Wong, Hillary Borrud, Mateusz Perkowski